

# PAR-Q & Medical Authorization Form

For all Fitness and  
Water Exercise  
participants a Physical  
Activity Readiness  
Questionnaire (PAR-Q)  
and Medical  
Authorization form are  
required to be completed  
to participate. These are  
available online at  
[PullmanParksandRec.com](http://PullmanParksandRec.com)  
under Department Forms  
or at the PAFC.



Pullman Aquatic & Fitness Center  
City of Pullman, Parks & Recreation  
500 NW Larry St.  
Pullman, WA 99163



## Water Exercise



**Pullman Aquatic & Fitness Center**  
500 NW Larry Street, Pullman, WA 99163  
Phone: 509-338-3290 Fax: 509-334-6696  
Parks & Recreation Office: 509-338-3227  
Email: [aquatic.center@pullman-wa.gov](mailto:aquatic.center@pullman-wa.gov)  
Web: [www.PullmanParksandRec.com](http://www.PullmanParksandRec.com)

...Making Family Fitness Fun!

Let our Aquatic Exercise Association (AEA) Water Fitness Instructors lead you through a challenging workout. The AEA Certified Professional is qualified to teach Aquatic Fitness to general populations where participants are approved by their physician for independent exercise. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Gloves are available to purchase at the PAFC. Come check out this great fitness alternative. Come try us out to see if you like what we have to offer. First class is FREE! Daily drop-in passes can be purchased at the front information desk.

## Water Exercise (WEX)

Boost your metabolism and build overall fitness through a combination of shallow and deep water exercises using our flotation belts and equipment. Designed for all fitness levels. Exercises are led by the instructor and are able to be modified to fit your individual needs, from range of motion exercise to high intensity!

## Warm Water Fitness (WWF)

Our warm water fitness class allows participants to work at their own pace to build core strength and stability in a fun, interactive atmosphere. This is a great opportunity to gently improve your overall fitness, flexibility, and sense of well-being. Enjoy the soothing effects of the 92 degree water, great for arthritis!

## AEA Arthritis Foundation Aquatic Program (AEA)

This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. The classes are led by specifically trained aquatic program leaders. Each session provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Join a class today!

***The AEA Arthritis Foundation Aquatic Program will help!***

- ⇒ Reduce pain/inflammation
- ⇒ Increase social interaction
- ⇒ Improve strength/flexibility
- ⇒ Enhance day to day living

***Proven Results!***

- ⇒ Less pain
- ⇒ Improved joint function
- ⇒ Increased muscular strength
- ⇒ Overall sense of well-being
- ⇒ Better quality of life

## Aquatic Personal Training

Can't make the class time? Do you have specific goals? Are you recovering from injury or accident and want personalized instruction? Arrange a time with one of our AEA certified instructors today. Fill out your PAR-Q and Medical Authorization form and submit with a Personal Training Request Form to [aquatic@pullman-wa.gov](mailto:aquatic@pullman-wa.gov) or at the PAFC! Forms are available online at [PullmanParksandRec.com](http://PullmanParksandRec.com) under Department Forms or at the PAFC.

- ⇒ *Scheduled by appointment*
- ⇒ *Aquatic Personal Training Sessions may be scheduled in 30 min, 45 min, or 1 hr increments.*
- ⇒ *25% discount with Annual Membership*

